1. Traffic and weather on XM Radio is the same as the weather channel on cable TV. You will need to stop both if you want to stop one.2. Instant traffic allows a listner to get reports and then go back to whichever station they were listening to. Local stations do not give constant conditions. I have a car radio that will find "traffic" broadcasts if any are on. It usually searches for at least 5 minutes before finding a traffic report.